

ABSTRACT OF THE DISCLOSURE

A shelf stable, ready to use, essentially tasteless and odorless water-like fluid for humans/animals comprised of safe water and a significant quantity of one or more water-soluble dietary fibers. Fiber-water is intended to be consumed by drinking or by enteral feeding alone, and/or in combination. The inventive liquid may be consumed directly hot or cold or after use, at any required temperature, in the preparation/reconstitution of beverages or liquid food product (e.g. coffee, tea, concentrates such as "HAWAIIAN PUNCH[®]", frozen concentrates such as lemonade/orange juice, soups and pet food). It can be used to enrich foods with soluble fiber through cooking, moistening, reconstituting or imbibing dried foods (e.g. oatmeal, rice, dried fruits, powdered soups, powdered beverages, powdered milks, nutritional shakes, "GATORADE[®] /TANG[®] /KOOL-AID[®]" products, gelatins, custards, puddings, and pet food). Fiber-water can be consumed in the frozen state either indirectly by adding it to a beverage as a cube or crushed "ice", or directly by licking a frozen "POPSICLE[®]" product). Fiber-water is safe water fiber enriched intending to be a replacement and/or adjunct to other water to ensure proper hydration while at the same time provide significant soluble fiber. Depending on the soluble fiber(s) used, and the user's individual metabolism, the invention is non-caloric or extremely low in calories. The soluble fiber(s) used are proven to moderate the postprandial rise in blood glucose (diabetes), address weight loss (obesity), lower serum cholesterol level (cardiovascular/heart), and address constipation and bowel regularity (colon cancer).